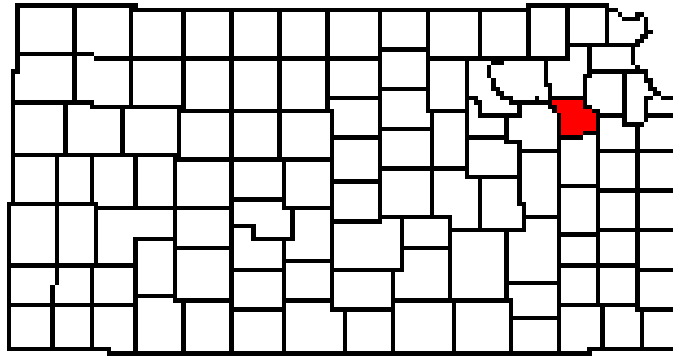


SHAWNEE



Books:

The following Arthritis Foundation books are available at:

[Topeka and Shawnee County Library](#)

1515 SW 10th Ave.

Topeka, KS 66604

785-580-4400

<http://www.tscpl.org/>

Good living with Arthritis

Good living with Osteoarthritis

Good living with Rheumatoid Arthritis

Good living with Fibromyalgia

All about Back Pain

Guide to managing your arthritis

Rheumatologists:

Douglas Gardner

Cotton - O'Neil Clinic

901 Garfield

Topeka, KS 66606

785-354-9591

Ed Letourneau

Cotton - O'Neil Clinic

901 Garfield

Topeka, KS 66606

785-354-9591

John Martinez

923 SW Garfield

Topeka, KS 66606

785-232-9154

Programs:

Arthritis Foundation Aquatic Program

The warm water exercise program offers improved joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

Topeka YMCA-Downtown

421 Van Buren
Topeka, KS 66603
<http://www.ymcatopeka.org/>

CONTACT:
785-354-8591

Topeka YWCA

225 SW 12th St
Topeka, KS 66612
<http://www.ywcatopeka.org/>

CONTACT:
785-233-1750

Arthritis Foundation Exercise Program

This program is a gentle land-based exercise class for increasing or maintaining joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

East Topeka Senior Center

1114 SE 10th
Topeka, KS 66603

CONTACT:
785-232-7765

Support Groups:

Joint Support.

Regional Center for Independent Living,
Topeka, KS

For Information Call:
Julia Fonesca
1-800-362-1108

Living With Arthritis

1505 SW 8th Avenue
Topeka, KS

For Information Call:
Gayle Stainbach
785-235-2126